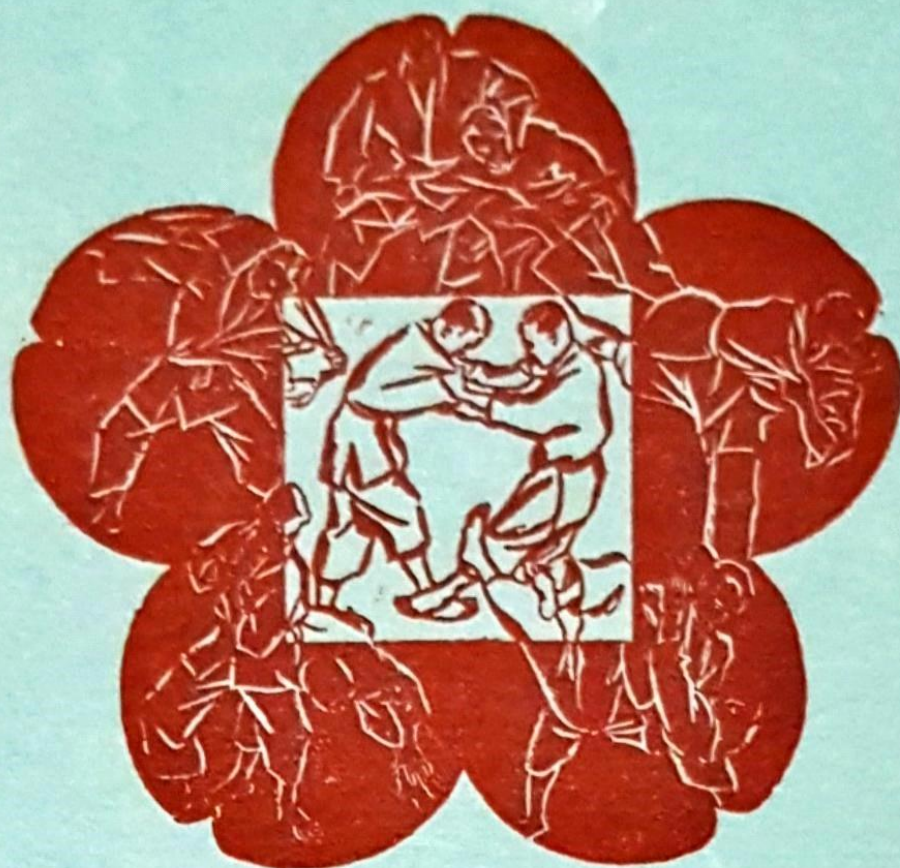


VOL. IV.

No. 2



# J U D O

QUARTERLY BULLETIN

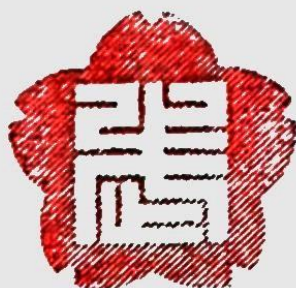
JULY, 1948

THE BUDOKWAI

15, LOWER GROSVENOR PLACE, LONDON, [S.W.1

TWO SHILLINGS





## THE BUDOKWAI,

*Founded 1918.*

### GENERAL COMMITTEE :

J. G. BARNES.

E. N. DOMINY.

G. KOIZUMI.

F. G. CODD.

F. P. KAUERT.

I. L. TIBBS.

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#### *Chairman :*

J. G. BARNES.

*Secretary* .. G. KOIZUMI.

*Treasurer* .. E. N. DOMINY.

*Asst. Sec.* .. M. BELL.

#### *Maintenance Stewards :*

L. NORMAN.

A. K. TAMON.

#### *Editor :*

MISS E. RUSSELL-SMITH.

---

### DOJO HOURS :

#### *Dojo Stewards on Duty.*

**Mondays** .. 6 — 9 p.m.

A. E. BRIGHT ; I. MORRIS.

**Tuesdays** .. 6.30 ..

Miss E. RUSSELL-SMITH ;  
D. P. MANN.

**Wednesdays** .. 6 ..

P. SEKINE ; K. GRUNDY.

**Thursdays** .. ..

K. GRUNDY.

**Fridays** .. ..

G. GRUNDY ; F. P. KAUERT.

**Saturdays** .. 3—5 p.m.

C. GRANT ; I. MORRIS.

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## CLUB NEWS

### INTERNATIONAL NUMBER.

The publication of the July Bulletin will coincide with the International Judo Conference, which is to be held at the end of July. We are fortunate in being able to include in this issue contributions by leading Judoka in several European countries and in the United States on the history and present state of Judo in those countries. These contributions bear eloquent testimony to the rapid spread of Judo in the western world, particularly in Europe, where it seems to be filling a need on the mental, or perhaps one might almost say on the spiritual, plane which other sports cannot satisfy.

### DISTINGUISHED GUESTS.

In June we were delighted to welcome Dr. Strohl (1st DAN), Vice-President of the French Judo Federation, who has become an affiliated member of the Budokwai. We also much enjoyed a visit from Mr. W. Miller (3rd Dan) of New York Dojo, accompanied by Mrs. Miller.

### NEWS FROM ABROAD.

Igor Shwabe (2nd KYU), a member of the Budokwai, who is now living at Basra, Iraq, has started a Judo circle for both Arabs and Europeans, and has contributed a short article on Judo to the local English paper.

Mr. Somsak, a Siamese yudansha, who has been in touch with Mr. E. J. Harrison, has sent an interesting account of Judo in Siam. Practice of Judo spread rapidly during the war owing to the presence of Japanese troops. Mr. Somsak was first introduced to the art fourteen years ago by coming across a copy of Mr. Harrison's book "The Fighting Spirit of Japan." He was graded 2nd DAN at the Kodokan in 1941, and has a lively recollection of seeing Mr. Leggett there, who struck him as "plenty tough."

### NATIONAL JUDO TOURNAMENT.

A National Judo Tournament formed part of the celebrations of the Thirtieth Anniversary of the Budokwai. The preliminary knock-out competitions were fought on the 22nd May, with the results shown below :—

OSRAM-JUDOKWAI <i>v.</i> IMPERIAL COLLEGE				SOUTH LONDON <i>versus</i> WARWICK			
C. M. CADE	<i>v.</i>	H. P. GREEN		J. CHAPLIN	<i>v.</i>	A. HAYES	
		Stomach Throw	o	o Arm-lock			
		Stomach Throw	o	R. SCALA	<i>v.</i>	J. PERRIN	
W. REED	<i>v.</i>	D. C. ALDRED		o Choke-lock			
		Osoto-gari	o	o Choke-lock			
		Arm-lock	o	E. WILLIAMSON	<i>v.</i>	S. HILTON	
R. AVIS	<i>v.</i>	J. W. BARNES		o Choke-lock			
		Osoto-gari	o	o Choke-lock			
		Osoto-gari	o	E. BLACKBURN	<i>v.</i>	P. EDGINGTON	
C. MCGRANE	<i>v.</i>	R. W. H. SERGEANT		o Hold-down			
		Osoto-gari	o	o Hold-down			
		Neck-lock	o				
Contests	0	4		Contests	3	1	
Points	0	8		Points	5	2	



# BUDOKWAI *versus* IMPERIAL COLLEGE

C. PALMER	v.	H. P. GREEN
o Hip-throw		
o Arm-lock		
K. GRUNDY	v.	D. C. ALDRED
o Hold-down		
o Hold-down		
H. LEGGE	v.	J. W. BARNES
o Stomach-throw		
A. K. TAMON	v.	R. W. H. SERGEANT
o Osoto-gari		
o Osoto-gari		
Contests	4	0
Points	7	0

The final match between the Budokwai and the South London Judo Society was fought during the display at the Chelsea Town Hall on the 8th June, and is described in Mr. E. J. Harrison's report on page 14. Victory—and the Inter-Club Challenge Cup—went to South London, and a photograph of the winning team appears on page 17.

The following clubs took part in the Two Team Contest which also formed part of the display (also described by Mr. Harrison) :—The Budokwai, Oxford and Cambridge University Judo Clubs, Coventry Judo Club, Imperial College Judo Club, Metropolitan Police Judo Club, Osram Judokwai, South London Judo Society, and Warwick Judo Club. Mr. Barnes, of the Imperial College Judo Club, and Mr. Sandeman, of the Budokwai, were presented by the Budokwai with individual cups for special merit in this contest.

## ANNIVERSARY DANCE.

Our Special Reporter writes : "A dance in aid of the Budokwai Building Fund and to celebrate the 30th Anniversary of the Budokwai, was held at Chelsea Town Hall on the 30th March, 1948. The attendance was encouraging, considering that Tuesday being after Bank Holiday must have found many of our intending patrons rather short of capital.

Dancing was to Charles Palmer's Band, and during the interval a demonstration was given with the aid of the really prominent members of the Budokwai, such as T. P. Leggett, Hyde, George Chew of the South London Judo Society, A. Bright and, not forgetting the breakfall specialists, Harry Legge and Peter Foster.

The most interesting feature to many of the males (and quite a few of the opposite sex) was the bar run by the caterers of the Town Hall (at greatly increased prices, I might add).

On the whole, the evening was a great success, but, please organisers, not so close to the Bank Holidays again."

## JAPANESE JUDO FILM.

On the 30th April about 150 members of the Budokwai and affiliated clubs gathered at the Gaumont British private film theatre



in Wardour Street to see a most interesting film record of Judo in Japan before the war. The film belongs to Dr. M. Feldenkrais, who was good enough to lend it for the show. It was made in Japan under the supervision of the late Prof. Kano and contains a record of some of the finest Judo ever seen, including performances by Mr. Mifune and Mr. Nagaoka, Chief Instructor at the Kodokan, who are now both of 10th DAN rank. A slow motion study of the shoulder wheel was so interesting and instructive that one would have liked to see whole sections of the film at the same pace. Several katas were shown, including some which are never done in Europe, with an admirable exhibition of Ju-no-kata by school girls.

Mr. Koizumi's running commentary was greatly appreciated, and the audience watched the film through twice with the closest attention.

#### BUDOKWAI JUDO FILM.

The Budokwai is planning to make a film record of Judo some time in July. G.K. refers to it as the sort of record he wants to leave behind him and, while he happily shows every sign of being with us for a long time yet, this should be a guarantee of quality. It will include all the katas done by the Budokwai and as many throws, locks and holds as possible. The film should last about an hour, and copies will be on sale or hire to all interested.

#### IMPROVING THE PREMISES.

We hope soon to be able to use the front room on the ground floor at the Budokwai, and there are plans for converting part of it into an office and the rest into a small lounge. There is even talk of refreshments if sufficient volunteers can be found to serve them. Would-be helpers will be welcomed by Mr. Norman.

#### PRIZE VERSES.

The Editor's prize of a copy of the Bulletin for the best verses celebrating the 30th Anniversary of the Budokwai was won by Mr. R. E. Hare, whose verses, which came to hand too late for the April number, appear on page 5.

#### "TWELVE JUDO THROWS."

The revised edition of "Twelve Judo Throws," by Mr. G. Koizumi, which has been largely re-written and contains a lot of new material never published before, is now on sale at the Budokwai, price 3s. 6d. Through the generosity of G.K. the proceeds of the sale will go to the Building Fund.

A Dutch translation is being published in Holland.

#### HERE'S PRAISE !

Many readers have been kind enough to say they liked the Anniversary number of the Bulletin ; some have actually sent special donations to the Building Fund as a mark of appreciation ! Nothing could be more gratifying to the Editor and to all those others (including the printer) who put in such a lot of work to try to make the Anniversary number a worthy memento of the occasion.



#### GRADING ARRANGEMENTS.

The Winter Gradings will be held on the 13th and 15th December at the Budokwai at 7 p.m. Entries, with grading card and fee of 1s., to the Secretary by 6th December. Queries, with stamped addressed envelope, to Mr. F. Kauert, c/o The Budokwai.

#### FAMOUS LAST WORDS.

*Unknown gentleman, discovered unexpectedly in the ladies' dressing room: "I am afraid I am rather a stranger here."*

*(Contributions for the October Bulletin should reach the Editor by the beginning of September.)*

### THE THIRTIETH ANNIVERSARY

By R. E. HARE.

There's been Judo in this country for thirty years or more,  
It flourished well in peace-time, as it did when there was war,  
It has a record to be proud of, and when all is said and done,  
To whom must go our gratitude? We know there's only one.

He's inspired us, and has taught us the why, the how and when,  
With his patience and good humour as he shows time and again,  
To him alone the Laurels, as in this the finest hour,  
We realise that he it is who gave us thought and power.

\* \* \* \* \*

It is only through his efforts that Judo's come to stay,  
He's taught us and imparted his great knowledge day by day,  
We strive to be just like him, that eventually we may  
Be esteemed as he is now, Yes, you're right: his name's G.K.

### LITTLE FINGERS

The late Sakujiro Yokoyama, the renowned exponent of Judo, when he was asked about the secret or essence of Judo, after a thoughtful reflection, said: "I think the essence of Judo is a matter of using little fingers and toes." The statement may sound unconvincing, almost ridiculous, but it is a penetrating statement and reflects his masterly knowledge. The merit of it can only be appreciated by those who have had long practical experience.

You will realize or know what difference the length of a lever makes to the working of machinery. A fraction of an inch may stand between working and not working. The length not only affects the power of the lever but on its correctness depends the subtleness of contact and direction of the movement, the vital factors for smooth rhythmic working of a machine. The action of your body mechanism applied to your opponent is governed by the same dynamic law. By using little fingers and toes you lengthen your body lever by inches and form the "lever" in the line of lengthways use. Also you are able to give subtle touches to the action, for the fingers are more sensitive and dextrous than any other part of the



body. The touches by the deft hand of an artist or musician make art, art or music, music—not the amount of paint or size of the instrument. So with Judo, it is not the number of movements, muscular strength or technical knowledge that make it an art, but the manner of application or performance.

So it is with life. Profound philosophical truth or sublime spiritual doctrine have little or no practical value without human touches which oil the machinery of life and human society. A little word of cheery tone, a small deed of loving kindness, the soothing touch of a gentle hand, a silent glance of understanding, a nudge of intimate friendliness are finishing touches to the art of life and human happiness. At the same time a malicious use of "little fingers" is damaging, indeed a finishing touch in another sense to a man or society. A malevolent remark or a scandalous tone to a word is often enough to set up prejudice which is not easy to clear, especially when it is passed in confidence.

So we learn, through Judo training, the value of the "little fingers" and their usage, the underlying principle of which is applicable to all human affairs. The difficulties of attaining skill or the required co-ordination is an entirely different matter to ignorance or lack of understanding. The former will lead us, if we endeavour, higher up the road of progress, while the latter would keep us running in a vicious circle, as the world in general is doing to-day.

This number of the Bulletin is dedicated to the International Judo conference which will be held for the first time in London in the month of July, 1948. The object of the conference is to organize our movement for furthering and facilitating our common objectives, not for settling differences or protecting each national interest. So it differs fundamentally from those of a political or financial nature, the results and experience obtained from such conferences in recent years being object lessons to us all. Nevertheless, let us remember the principle of the little fingers and toes.

G.K.

## JUDO IN OTHER COUNTRIES

FRANCE. *Fédération Française de Judo et de Jiu-Jitsu*. 3, Square Albin-Cachot, Paris 13.

"Our most important event was our journey to London to meet the Budokwai team, and you know as much about that as we do. We held our first championship matches for schools and universities this year on the 29th April, with 170 competitors. The contests were very interesting and the final was between two Brown Belts, Mr. Poulain and Mr. Frohlet, both pupils of Mr. Laglaine (2nd DAN). Frohlet won by 2 points to 1 after a very good match. Judo is spreading rapidly just now among students. The umpire was Mr. Sauvenière (3rd DAN) of the Budokwai.



" We are now getting ready for the matches between Black Belts for the championship of France, which will take place on the 13th June. There will also be matches between Brown Belts for the Kawaishi Cup and between teams of four judoka from all French Clubs (Paris and the Provinces) for the All-France Cup.

" The first general meeting of the French Judo Federation, which includes all the French Clubs, took place on the 9th May, under the chairmanship of Mr. Aubert, representing the Directorate of Sports. The delegates from the clubs taking part in the meeting represented more than 5,000 judoka affiliated to the Federation. The meeting elected an Executive Committee consisting of :—

*President:* Mr. P. Bonet-Maury (2nd Dan).

*Vice-Presidents:* Dr. Strohl (1st Dan), Messrs. J. L. Jazarin (1st Kyu), E. Mercier (1st Dan), Pimentel (2nd Dan).

*General Secretary:* G. de Jarmy (1st Kyu).

*Treasurer:* Marcellin (1st Dan).

*Assistant Treasurer:* Mossery (1st Kyu).

*Members:* Messrs. Chaliér (1st Dan), Garaix (1st Dan), Martinet (1st Kyu), Lenormand (1st Dan).

" The Judo Year Book which will be published shortly will give further details about Judo in France.

" A regional tournament has been held at Marseilles in which many Black Belts took part among whom Mr. Zin specially distinguished himself."

P. BONET-MAURY, President.

DENMARK. *Dansk Jiu-Jitsu Forening, Vesterbrogade 14B<sup>4</sup>, Copenhagen 5.*

" Ju-Jutsu has been known here in Denmark since 1903, but only as self-defence, not as a sport. In March, 1943, the undersigned founded 'The Ju-Jutsu High-School' in Copenhagen with the object of giving all interested a further education in Ju-Jutsu, because the other few Ju-Jutsu schools there already only taught on very limited lines and often taught tricks which had nothing at all to do with Ju-Jutsu.

" On the 5th January, 1944, 'Randori' was introduced here in Denmark because I and a circle of pupils—we were all active members of the Resistance Movement—started the 'Dansk Jiu-Jitsu Forening' (The Danish Ju-Jutsu Association). This association, which covers all real amateur Judoka in Denmark, works as follows :—

" We have four clubs in the Association :

- (1) 'Jodan-Sectionen.' This section is also responsible for the management of the Association. All Judoka who have finished their Ju-Jutsu education are members.
- (2) 'Østerbro Klubben.'
- (3) 'Hvidovre Klubben.'
- (4) 'Københavnske Kvinders Jiu-Jitsu Klub' (Copenhagen Women's Ju-Jutsu Club).



"The Association publishes a small paper, 'Dansk Jiu-Jitsu Bulletin.'

"The training is spread over the six kyu grades and normally it takes two years to get through these grades.

"After each grade Judoka have to pass a test. When the kyu grades are finished the Judoka comes into 'The Jodan' and becomes an instructor.

"In the two years (the six kyu grades) we follow this plan :

(1) Ukemi, chigairi and special body exercise.

(2) Self-defence and attack.

(3) Randori.

} nage-waza  
kata-waza  
ate-waza

"Besides these we teach the following theory :

(1) Elementary anatomy and physiology.

(2) Combat-anatomy.

(3) Katsu.

(4) Natural philosophy.

(5) Pedagogic, psychology and method of instruction.

(6) Doctrine of training.

(7) The history of Ju-Jutsu.

(8) Knowledge of other forms of combat, such as boxing, wrestling, glima, sumo, etc.

"Here in Denmark we prefer to use the word Jiu-Jitsu (Ju-Jutsu) instead of 'Judo,' because all people know that word, but only a few know the word Judo.

"So far we are only a small circle, but we try to spread so that Ju-Jutsu will become a sport for everybody.

"'Dansk Jiu-Jitsu Forening' (The Danish Ju-Jutsu Association) would be very happy to be a member of the 'European Judo Union' which you hope to found.

"We congratulate 'The Budokwai' on its Jubilee."

KNUD JANSON, Chairman.

HOLLAND. *Judokwai Nederland, Laan v. Meerdervoort 384 'S Gravenhage.*

"We are organizing inter-club contests between different towns. A contest took place on 17th April between the clubs in Utrecht and Groningen, finishing in a draw.

"As our practising Judoka are beginners, movements were based too much on strength, and though—from the technical point of view—the contests were not on a very high level, a good spirit of sportsmanship prevailed. The Judoka in Utrecht offered their opponents a little flag and the team from Groningen brought along genuine Groningen cake, a special dainty from that town in the north of our country.

"A short time ago our Lt. Thieme became entitled to a blue belt, whilst Mr. Snijders gained a brown belt in the school of J. de Herdt in Paris. So the Judokwai-Nederland now can pride itself on a 1st and 2nd Kyu.



" During recent months, the Judokwai-Nederland gained three new affiliated Clubs, a newly founded club in Schiedam, lead by Mr. J. Dekker, and two clubs from the Nederlandse Jiu Jitsu Bond in Haarlem and Maastricht.

" So we are able to point out the fact that there is a slow, but sure, progress in the Judo movement in Holland."

S. VAN HARTEN, Hon. Sec.

#### ITALY.

Letters have been received from two Italian organizations interested in Judo, the *Federazione Italiana Atletica Pesante*, Stado Nazionale, Rome, and the *Federazione Italiana Jiu Jitsu-Judo*, V.M. Bianco, 8, Rome, from which it appears that strenuous efforts are now being made to revive Italian Judo, which had almost ceased to exist towards the end of the war. Lively discussion seems to be going on over grading and contest rules and the general principles of Judo, and in spite of a lack of trained instructors, clubs for the practice of Judo have apparently been formed in many of the larger Italian cities.

PORTUGAL. *Academia de Judo, Rua de S. Paulo, 140, 3, Lisbon.*

" Unfortunately there is very little to say about the Judo movement in Portugal. The art of Jiu-Jitsu was introduced here at the beginning of this century by Sada Kazu Wyenishi (Raku) and other Japanese teachers. They inspired various enthusiasts, but after their departure the art was not seriously cultivated. Now the 'Academia de Judo' which I have founded in Lisbon is an attempt to see if people here will take an interest in Judo ; it is the first enterprise exclusively for Judo. The dojo of the 'Academia' was started in May, 1946, for private training, and is now open to the public, men and women. The leading idea is not gain ; the pupils pay a contribution towards expenses. The name 'Judo' is nearly unknown in Portugal ; it is necessary to add always 'Jiu-Jitsu.'

" I include in this letter the prospectus we send to interested persons, and 46 little photographs of the dojo and movements. Mr. Mitchikawa appears in some of them ; Mr. Mitchikawa, the only Japanese now in Portugal, is a notable painter ; he was Secretary of the Japanese Legation in Lisbon till 1945 and now teaches Judo at the 'Academia.' "

A. C. PEREIRA.

SWITZERLAND. *Jui Jitsu und Judo Club Zurich, Stadthausquai 1, Zurich.*

" We congratulate you on the International Judo Conference and the foundation of the European Judo Union. We send you our best wishes for a successful result.

"As the oldest and largest Judo Club in Switzerland we have the honour to invite any of your members who come to our beautiful country to visit our Club house.



" We look forward to welcoming you here to further and confirm our friendship and common interests."

AUG. KELLER, President.

UNITED STATES. *Chicago Judo Club, 1518, South Michigan Av., Chicago 5, Illinois.*

" You inquire as to the beginning of Judo in the United States. Judo was brought to America by Professor Yamashita, and his first American student was Theodore Roosevelt, who attained a Brown Belt degree. Professor Yamashita taught for one year at the White House, where the north-east dining room was made into a gymnasium. After this, many Judo artists came to America, but unable to find employment as instructors because of lack of interest in the science, they worked as circus performers and in vaudeville acts. Judo was introduced by sensationalists as Black Magic and the gullible public was told that no one but Orientals could learn the science. Perceiving the danger of this popular conception of Judo, Professor Yamashita requested three high degree men to come to America to destroy this misconception and to teach Judo. Among these was Professor T. Shozo Kuwashima, 5th DAN. In 1917 he came to America and taught Judo to our armed forces on the West Coast. He came to Chicago in 1919 and opened the Chicago Judo School. In 1940 this name was changed to the Chicago Judo Club. In the spring of 1947, because of ill-health, Professor Kuwashima was forced to go to California. The management of the Chicago Judo Club was taken over by Minoru John Osako, 3rd DAN, and Ruth B. Gardner, 1st DAN. Since that time we have been very active, holding demonstrations, contests, appearing on television and radio, and in two city-wide tournaments, in the last of which, April 25th, we won the City-Wide Championship. We find that the American public has become very much interested in Judo and we are doing our utmost to increase this interest. A Yudanshakai is being formed in Chicago, of which we are members.

" There are several stories concerning our Club members. The latest involves one, Jimmy Norris, Shodan, who is from Tennessee and who from childhood has been more used to the feel of a rifle in his hands than to the feel of Kuzushi in a Tomoe-Nage. Jimmy is normally a very inoffensive young man, with a slow drawl, and built approximately six feet tall and rangy, a veteran of the U.S. Navy. One evening last summer a young woman stopped him on the street and asked him for directions. He noticed two young Mexicans standing nearby but paid no further attention to them until he noticed that they seemed to be following him. He began to descend into a basement store and suddenly felt himself pushed from behind. Jimmy's favourite throw is the Harai-Goshi, which he automatically put into effect and the one who pushed him found himself hurtling the counter at the foot of the stairs. The other one, perceiving the fate of his comrade, beat a hasty retreat.

RUTH B. GARDNER, Secretary-Treasurer.



# JUDO

(Continued from the last Bulletin.)

## KOSHI-WAZA (HIP THROWS).

TSURI-GOSHI (lifting hip throw). The characteristic nature of this hip throw is that you lift the opponent by his belt, gripping it at his back. When you reach your arm over the opponent's shoulder it is called O-Tsuri-Goshi (major lifting hip throw) (Fig. 1). If you do so under the arm, it is called Ko-Tsuri-Goshi (minor lifting hip throw) (Fig. 2). As to the footwork and body movement, there is no difference to O-Goshi. But you will see that O-Tsuri-Goshi is more applicable to a shorter opponent, the other to a taller opponent.

The opening for Tsuri-Goshi occurs when the opponent adopts a defensive attitude and curves his body forward, or when the opponent makes an attempt to effect Hane-Goshi (spring hip), Osotogari (major outer reaping), Harai-Goshi (sweeping hip throw), Seoenage (shoulder throw), O-Goshi (major hip throw), etc.

Gripping the belt, you should lift the opponent up against your side and throw him in the same way as described in O-Goshi. When the opponent is light in his movement, stretch out your right leg, as in the case of Harai-Goshi. In the act of lifting, bend your wrist in such a way that your little finger presses against the opponent's back.

*Successive Attack.* When the opponent counters by straightening his body, attack with Tsurikomi-Goshi.

*Counter Throws.* O-Goshi can be applied, but to get the required contact you should drop your hip as low as you can without weakening yourself. Also Yoko-Sutemi (side body throw).

*Defence.* Same as against O-Goshi.



(Fig. 1)  
O-TSURI-GOSHI.



(Fig. 2)  
KO-TSURI-GOSHI



(Fig. 3)  
TSURIKOMI-GOSHI  
(method 1)



TSURIKOMI-GOSHI (lifting and drawing hip throw). In this throw there are three different ways of holding the opponent. One is the way described for O-Goshi, the second is to hold the opponent's jacket under his armpits, the third is to hold the ends of his sleeves. The footwork, contact and movement of the hips are as for O-Goshi.

The first one is applied when the opponent stiffens and straightens his body. By bending the knee and ankle joints, contact the opponent lower than for O-Goshi, then straighten your legs, and at the same time push the opponent back with your buttock. This will lift the opponent to his toes. The throw then is completed by turning your left hip backward. When you straighten your legs you should hold the opponent firmly against your back and do not let your body slide against the opponent's. (Fig. 3.)

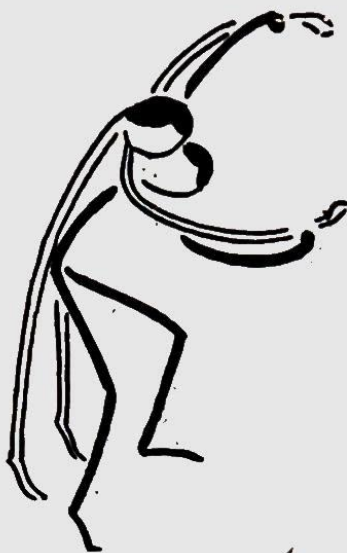
The second is rather forcible in method. Grip the opponent's jacket just under his armpits, the right side with your left hand, the left with your right hand, and draw him up against your back, and throw him in the same manner as in O-Goshi. (Fig. 4.)

The third is a spectacular movement. With your right hand grip the end of the opponent's left sleeve from underneath, and first drawing it downward to your right, then, without losing the contact, lift it over your head in a curve. In doing so move into the O-Goshi position. (Fig. 5.) In executing Kake, you should keep your arms stretched out.

*Successive Attack.* Owing to the nature of contact, the attack cannot be changed into other throws, but an arm lock can be applied to the stretched left arm. Release the hold with your left hand and, pivoting on your right toes, turn your body to your left, drawing your left foot to the outer side of the opponent's left foot, at the same time pass your right elbow over the opponent's



(Fig. 4)  
TSURIKOMI-GOSHI  
(method 2)



(Fig. 5)  
TSURIKOMI-GOSHI  
(method 3)



(Fig. 6)  
USHIRO-GOSHI



left arm and grip it under your right armpit. Then bearing your weight on the arm, lift the opponent's left wrist upward.

*Counter Throw.* There is no useful counter throw against this throw. The defence is the same as for O-Goshi.

*USHIRO-GOSHI* (rear hip throw). This throw is applied when the opponent bends his body and turns his back to you, as in the case of attempting a shoulder throw. Sink down low by bending your legs and get a firm hold of his body from the rear, with both your hands, against your body and, before he relaxes his body, throw him up with a springlike action of your hips and legs. (Fig. 6.) Before his body comes down, move your body back, throwing him straight on his back. The throw will be very heavy if you do not lighten it by supporting his neck with your left hand.

In throwing the opponent up, push him forward with your hip as you straighten your legs.

*Successive Attack.* If you have failed in the throw, attack him with a neck-lock from the rear.

*Counter Attack.* Shoulder throw, by drawing your right foot to your rear.

*Defence.* Relax your body and drop down to the mat.

*UTSURI-GOSHI* (changing hip throw). When your opponent turns his left side to you, as he would for sweeping hip throw or spring hip throw, drop low, and throw him up as described for Ushiro-Goshi, but as you do so push him back with your left hand, which is applied to his abdomen, and "catch" him on your right hip as he comes down and throw him as O-Goshi. (Fig. 7.)

*Successive Attack.* Yoko-Guruma or O-Goshi.

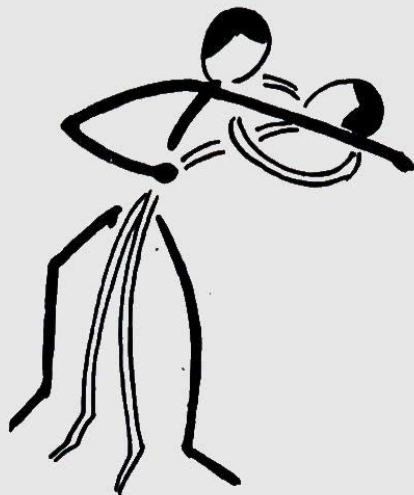
*Counter Throw.* Osoto-Gari.

*Defence.* Relax your body and drop on to the floor.

*OBI-OTOSHI* (belt drop). This throw is not a pretty throw, but is effective against an opponent who keeps his body upright and is inclined to turn his side to you. Assuming his right side is turned to you, grip his belt with your right hand, by the abdomen,



(Fig. 7)  
UTSURI-GOSHI



(Fig. 8)  
OBI-OTOSHI 1



(Fig. 9)  
OBI-OTOSHI 2



and take a wide step with your left foot across his rear and with the leg and hip press him forward, while your right hand pulls the belt forward and the left arm is stretched across the opponent's upper chest and pushes him back. This will reduce the opponent into a helpless state. (Fig. 8.) Then, turning your body to your left, draw away your body to throw him.

There is another method which is known under the same term. With your right hand grip the belt at right front of the opponent, instead of at centre, and move into the same position as for the first method, but your left arm is passed across the front of the opponent to apply the hand at the side of the opponent's left hip. (Fig. 9.) Then throw him by turning the opponent over your left hip. You should not lift him, but by pushing forward with your hip, helped by the pull of your right hand and a backward push of your left arm, you should balance his body on your hip.



(Fig. 10)  
SUKUI-NAGE

*Successive Attack.* If the opponent succeeds in countering your effort by curving his body forward, apply Sukui-Nage (scooping throw) by lowering the contact. Place your left hand at the outer side of the opponent's left thigh, the right at the outer side of the right thigh, and with a twist of the body throw him over your left thigh. (Fig. 10)

*Counter.* Move back your hips and apply an arm-lock across your chest.

*Defence.* Bend your body by moving the hips backward.

(To be continued)

G. K.

## NATIONAL JUDO TOURNAMENT

*In Celebration of the Budokwai's Thirtieth Anniversary*

By E. J. HARRISON, 3rd DAN

The National Judo Tournament staged at Chelsea Town Hall in the evening of the 8th June to celebrate the Thirtieth Anniversary of the foundation of the Budokwai undoubtedly delighted a "full house" and reflected great credit on all concerned in the onerous task of organisation. In the present writer's diffident opinion, the only legitimate criticism would be that the programme was, if anything, too generous, as indeed appeared from the fact that it had eventually to be shorn of two items in the second half, viz., "Club Night: The Dojo in Action" and "Invitation to the Audience."

Although as a rule chary of superlatives, I am bound once more to pay the highest tribute to the services of J. G. Barnes



(2nd DAN) as commentator, in which connection the adjective "brilliant" is again abundantly justified.

Disappointment was caused by the enforced absence of the Rt. Hon. Lord Sempill, A.F.C., as Chairman, but equally many thanks are due to Mr. W. Teeling, M.P., for his kindness in taking Lord Sempill's place at almost the last moment.

The most thrilling moment in the long programme was unquestionably when Barnes introduced G.K. to the house just before his demonstration of Ju-no-Kata, in conjunction with Miss Russell-Smith. Barnes announced him as the founder of the Budokwai, the "father of Judo" in the West, the greatest teacher of Judo outside Japan, and as one who undoubtedly ranked as among the world's greatest teachers. It was gratifying to note the sincere ovation accorded G.K. when he made his first appearance on the mats. Alike in this demonstration in slow motion of some of the basic principles of the art and in the later performance of Itsutsu-no-Kata, or "symbolical expressions of Judo, positive and negative, inertia, centrifugal and centripetal forces, tidal wave and comet," Koizumi and Miss Russell-Smith were at the top of their form and won hearty applause. Finally, in a most convincing demonstration of the theory of Judo, G.K. took the mat with I. Morris. Here G.K. showed how and when to effect Tsukuri (opening) and Kaké (execution) of various throws and locks and how to counter an opponent's efforts. This feature should be repeated in all future public programmes.

Tremendous enthusiasm was aroused by the truly masterly demonstrations of Gonosen-no-Kata (throws and counters) and Kime-no-Kata (Judo methods against various forms of attack) by T. P. Leggett (5th DAN) and H. Hyde (3rd DAN). Here, too, Barnes introduced Leggett as the highest ranking *yudansha* outside Japan, who had been practising the art for sixteen years and had won his 5th DAN at the Kodokwan in Tokyo. Hyde was described as a student of Judo since the age of fourteen. It is rarely indeed that so well-matched a couple of tall and stalwart experts, Leggett with his six feet four and a half inches and Hyde with his six feet, are seen in action together, and despite only a single rehearsal their exhibition in both instances was outstanding. In the Gonosen-no-Kata, Leggett undertook the counters which were first illustrated in slow motion and then at full speed. In the Kime-no-Kata, of course, the respective roles of assailant and defender are alternating, and the spectacular qualities of this item left the onlookers breathless with excitement.

F. P. Kauert (2nd DAN) and C. Grant (2nd DAN) gave a first-class demonstration of Nagé-no-Kata, and H. Legge and P. Foster showed the breakfalls. Young and replete with beans these two latter *mudansha* but prospective *yudansha* went "all out" to prove the resilience of the human body and its imperviousness to breakage



under sudden impact if only one knows how to avoid injury. They both well deserved the plaudits they received.

In the opening spirited display of Randori the couples engaged in the given sequence were: E. A. Fennemore *v.* P. Casey; C. Riley *v.* D. King; Miss Audrey Gunn *v.* Miss Gay Henderson; and I. Morris *v.* A. Bright—the two last named of DAN grade. The lady performers were especially popular with the onlookers.

To the spectacular category must surely be assigned the exhibition of Katame-no-Kata (methods of holding down and applying locks to neck, arm and leg) by L. Hunt and A. K. Tamon. Naturally, Hunt's was the active and Tamon's the passive role or, in other words, Tamon was the *corpus vile* of Hunt's sinister experimentation. Hunt's authority to demonstrate this useful and sometimes painful branch of the art cannot be challenged; few will dispute that in "groundwork" he is in a class apart.

In "blindfold practice," G. Chew (2nd DAN) again convinced the sceptical that relying solely on the sense of touch he could deal effectively with a less skilled opponent enjoying the advantage of vision. E. Dominy (1st DAN), and a very powerful one at that, was his partner in this very popular feature.

In the Inter-Club Contest (final) between the Budokwai and the South London Judo Society, the latter emerged victorious. Thus, C. Palmer (1st KYU) of the Budokwai was beaten by J. Chaplin of the South London Judo Society by two points to one. K. Grundy (1st KYU) of the Budokwai fought a draw against R. Scala (2nd KYU) of the South London Judo Society. K. Tamon (1st KYU) of the Budokwai scored a fine win of two points to nil against E. Williamson (2nd KYU) of the South London Judo Society. The first point was a sweeping loin and the second a really beautiful *okuri-hashi-barai*. Finally, H. Legge (1st KYU) of the Budokwai lost to J. Logeland (4th KYU) of the South London Judo Society, who scored a stranglehold.

In the two-team contest, our Budokwai version of the imposing Kodokwan Kohaku Shobu (Red and White Contests), in which the teams were selected by the opposing captains from members of the Budokwai and supporting clubs, E. H. Mossom (3rd DAN) had been listed as captain of one team, but was prevented by indisposition from appearing. His place was therefore taken by the Belgian Judo "ace" (3rd DAN) R. Sauvenière. P. Sekinè captained the other team. The result was a win for Sekinè's team, the score reading 14 wins for Sauvenière's team, 8 wins and 9 draws for Sekinè's team, which thus won because it had a majority uncalled upon to take the mat. Sekinè had therefore nothing to do. Sauvenière himself was in fine fettle and scored three strenuous





#### THE WINNING TEAM

National Judo Tournament won by South London Judo Society

*Left to Right*—E. BLACKBURN (reserve), E. PLATT (reserve), E. WILLIAMSON  
J. CHAPLIN, R. SCALA, J. LOGELAND

wins in succession, but drew against Stevenson (1st DAN), "up" from Birmingham, who all but brought off his favourite *hanegoshi* at one point in the tussle.

Exigencies of space rule out further particularisation of individuals, and for all unavoidable omissions I would fain in advance, in contradistinction to the immortal Mrs. Malaprop, disown the "soft impeachment" of deliberate invidiousness. All in all an occasion to be remembered in the annals of the Budokwai.

### BETTER JUDO

By DR. M. FELDENKRAIS.

*(Continued from the last Bulletin.)*

There are two ways of finding out and studying means of unbalancing the human body. One, form a broad principle like that of maximum efficiency and then proceed selecting by trial and error those movements that satisfy the requirements of least exertion. Second, examine the human body from a mechanical



point of view and apply the well-established laws of mechanics to this particular case. Both ways have their advantages and drawbacks.

The first method needs no special general knowledge, and every person is therefore capable of discovering new ways and details and contributing to the general development of the art. Historically this is the course of all beginnings, Judo included. The great drawback of this method is that each discovery usually becomes a "secret," which the inventor is generally loath to communicate to others so long as he can enjoy the fruits of personal usage of his discovery. Even when the discovery becomes commonplace it retains the mystic character, for nobody knows why it really works. The use of the little fingers of the hands and feet is perhaps the best example in point.

The second method, on the other hand, needs extensive specialised knowledge which perforce involves a cumbersome terminology, so that the explanation provided remains a closed book to most people. Also the subject is so complex that in the end one cannot see the wood for the trees.

The rational thing is, therefore, to use both methods without overdoing either. So that when we know the reason of a special effect we can extend its application to a whole field of action, instead of the particular case to which it was first applied. More important still, it is easier to make people understand and learn something for which there is a logical necessity than to teach them to remember a series of unconnected arbitrary details.

The features of the human body that are of special importance to us are :

1. The human body is more like a pole standing on its end than that of any other animal, even when standing on two legs only.

The easiest displacement that one can produce in a pole standing on one end is rotation round its vertical axis.

2. The cross-section of the body is not circular like that of a pole, but elliptical, with the longer diameter from right to left.

3. Rotation of the body round the vertical axis, when the feet remain motionless, is taking place almost exclusively in the cervical and lumbar vertebrae. There is practically no rotation of the head and trunk when these vertebrae are rigidly welded together. Bending one knee produces some rotation, but at the same time considerably lowers the body and also shifts it towards the bent knee.

4. The upper parts of the body are denser and heavier, especially in the male, than the lower ones, and the centre of gravity is therefore high above the ground.

These features explain most of the Judo technique and provide a rational basis for the finer details of our action.



The human body is very far from being rigid and the pole analogy does not normally apply at all. The first object therefore is to make it rigid and as erect as possible. If in addition we bring both feet together the analogy is complete, and the mechanics of the pole apply. There is no greater difficulty in throwing a man in the above attitude than an inanimate pole. In the Okuri-Ashi-Arai throw these conditions are realised, and this throw necessitates the lowest amount of exertion.

The rigidity of the body is essential for the transmission of force through it. A slow pull applied to the left shoulder of a human statue pulls every particle of it to the left. A slow pull applied to a living man brings the left shoulder to the left before the left hip, which shifts to the right reflectively so as to equalise the pressure on both feet. If the pull is sharp, the body stiffens reflectively and moves as any other rigid body would.

The object of Tskuri is essentially to satisfy the requirements of the four main features enumerated. The great variety of Tskuri is due to the fact that we do not need to satisfy all the four points at the same time if we are prepared to spend a small amount of energy above the theoretical minimum.

The simplest Tskuri is pulling both lapels slightly upwards and forward. This stiffens the extensors of the back and of the legs and makes the body rigid and straight. Next we twist the body by the larger diameter. The effect is to exhaust the range of rotation of the lumbar vertebrae and thereby render the body rigid. Once it is rigid the forces applied to the upper part of the body interest the whole of it and we can now increase the effect by applying force in the opposite direction at the lower end, which will now be equally transmitted and interest the whole body.

On the whole, the object of Tskuri is to reduce the range of rotation of the trunk relative to the hips, further increase the rigidity of the body by shifting its weight on to one foot and, thirdly, reduce friction against the ground in one direction by inclining the now rigid pole in the opposite direction.

*(To be continued.)*

## COUNTRY COUSIN ATTENDS THE EASTER SCHOOL

Peace has returned to Manchester and the notices reading "No Beer," "No Cigarettes" and "No Sticking Plaster" have been withdrawn from the windows. The most numerous of these were those reading "No Sticking Plaster," and towards the end of the week one had to walk miles to find a shop with a stock of this valuable



commodity, so easily used as a temporary replacement for the epidermis. It was, in fact, estimated that if all the sticking plaster bought by the school was unrolled, cut to a half-inch width and joined together so that each piece overlapped one inch, it would be just equal to the number of times that G.K. has said "No force can resist."

Other than the fundamental weakness in the matter of sticking plaster—a point that obviously caught the City Fathers napping—what I shall remember about Manchester was firstly, the decent way they always produced a roll and butter when I went to lunch and secondly, the University gymnasium.

The school this time was divided into two classes, one for those who wanted to start Judo and the other for those who couldn't stop. The first group were housed in the Central School. An education officer once told me that if I wanted to use a school gymnasium the important authority was not the headmaster or the school board—they could be managed—but the caretaker ; in this case the caretaker had let himself in for a greater sacrifice than he had intended and I was glad to withdraw to the University gymnasium.

The University gymnasium was wonderful and so vast that tucked away in an odd corner was a huge swimming pool with water, so clean, so blue and so extensive that it was viewed by a group of Judoka for several seconds in complete silence. Whether it made them think of Dorothy Lamour, or whether they had at last come face to face with cosmic values I don't know, but whatever it was it provoked silence. The second point about the gymnasium was the soap. I was sent to the school with one piece of soap and the information that the soap was such a size that two shower baths a day, together with one wash sometime during the week if really necessary, would require so much soap, and therefore the amount I was to bring back was to be such a size, or else !

Of course, the first time I took it into the shower room I left it behind. I made a point of being there early next morning, but with little hope as the Black Belts had used the shower after me. Needless to say the soap was missing so, despondent, I went to the gymnasium "Office" and asked if it had been found by the cleaners. They said "No" they were sorry it hadn't been, they then handed me four large tablets of toilet soap and asked me to be kind enough to put them in the shower room ! Oh Manchester, City of Soap, Rolls and Butter but no sticking plaster !

By a trick of fate I found myself staying at the same hotel as the instructors, it was very interesting really and it struck me that Black Belts might be quite nice people really if you got to know them. Sometimes G.K. showed the pair attached to the class he was not attending what he wanted done that day. This was usually



in the lounge : this was rather embarrassing but it showed the depth of the English character for not one of the other residents either swooned or ran for the police when apparently face to face with gang murder.

I have always been very incredulous of stories of Kiai in which you make your opponent think you've disappeared and then walk up behind him and undo his braces, but my resistance is weakening, for greater familiarity with Black Belts does suggest that they have some queer power of disappearing at will. For example, all five would arrange to go out for a meal, then, halfway there, you would look round and find that two had completely disappeared, a fact that had not the slightest interest to their companions ; then, a little later you would look round again and find that there were still three, but a different three. Nor could you be certain that they would always materialise at the restaurant. If it was arranged to meet at, say, eight o'clock at the Indian Restaurant on the left side of the road, this would mean eight-thirty on the right side of the road to one half and the Greek Restaurant at nine o'clock to the other half.

Besides the all-important G.K. oldtimers welcomed the return to the school of Dominy and Hickey as Black Belts, and very good instructors they were. The hardy perennial, one Kauert, was also there but his thoughts have moved on from a mechanical Judo partner to a non-electric mouse-trap, in which the mouse throws itself by its own tsukuri halfway across a bucket of water. The school also welcomed the first visit of Morris, who is sufficiently light to prove that success is not due to weight and strength.

G.K. found the school rather exhausting as he would practise the Unity of Duality and try and appear in two places at the same time. This meant that instead of lying on somebody's midriff wondering what he was going to have for lunch while being rocked to a restful state by the victim's undulations, he was continually hurrying from the school to the gymnasium or back, and as Judo is based on "maximum efficiency for minimum effort" the sport of walking holds a low place in the heart of a Black Belt, if, of course, they have hearts. Feeding with the Black Belts, however, was quite a help, for wherever you go with them the waiter helps you on with your coat, and this is a distinct advantage on the third or fourth day.

The sadists had an afternoon to themselves when preliminary scientific observations were carried out on neck-locks. G.K., with the expression of a sad parent carrying out a necessary duty, gravely neck-locked his favourite Black Belts. Your country cousin, having pushed in, was handed a yard-stick and told to measure the protrusion of the victim's eyeballs : Morris showed the greater protrusion by about two inches. Beyond vague mutterings about "parasympathetonia" and "temporary cortical ischaemia," the only facts



elicited were that the heart's action slowed down but did not actually stop, that both victim's ate a good tea and that it is possible to feel sorry for even a Black Belt.

While on this anatomical trend it might be mentioned that Dominy is not in favour of my pet throw, the Falling Ashcan. This is because when he was lying down to let people practise the rolling break-fall over him, he definitely formed the opinion that they didn't always place their feet in the right places ; it might be argued that if you are going to let personal comfort come into it why take up Judo anyway ? Nevertheless, in view of his experience I have decided not to persevere with this throw, and in the future any resemblance between this throw and my efforts at *nagewaza* will be purely accidental.

By skilfully avoiding both the tea and the grading contests I returned home practically without injury and—except for a feeling that somebody was going to jump out at me, which normally occurs for a few weeks after a school—no damage seems to have been done.

My fan, who may be following my meteoric rise in the Judo world, and who knows that I graded as a Green Belt at the first Summer School, will be glad to know that after attending so many other vacation schools, learning the Judo Bulletin off by heart and practising so many hours each week in front of the mirror, until pushed away by my wife who wants to do her hair, I have now progressed so much over the last few years that I have now graded myself as a Senior Green Belt.

## FINANCIAL STATEMENT.

### EASTER VACATION SCHOOL, 1948.

RECEIPTS.				PAYMENTS.			
	£	s.	d.		£	s.	d.
43 attendances at 50s. ..	107	10	0	Stationery .. ..	2	3	3
Hire of outfits .. ..	2	5	0	Postage .. ..	3	0	0
				Gratuities .. ..	2	0	0
				Advertisements .. ..	14	4	9
				Pamphlets .. ..	3	17	6
				Railway fares for 5 teachers	10	9	0
				Hotel for 5 teachers ..	23	0	0
				Meals .. ..	20	9	0
				Conference refreshment ..	4	8	6
				Duplicating questions ..	1	6	0
				Sundry expenses .. ..	2	2	6
				Hire of gymnasium .. ..	1	7	0
				Balance .. ..	21	7	6
	<hr/> £109 15 0 <hr/>				<hr/> £109 15 0 <hr/>		





MANCHESTER VACATION SCHOOL 1948

## YOGA

By J. McKENNA.

There must be many people, who, after having become introduced to Judo have later realised that they are in need of a deeper philosophical background than has perhaps developed from the routine form of religious instruction which they were obliged to undergo in their early years. In seeking to experience something of the tranquility of the Eastern mind the enquirer naturally comes into contact with the beliefs, Buddhism, Confucianism and Hinduism. It is with that part of Hinduism known as Yoga which I hope to concern myself in the present series of articles.

Yoga, which means in Sanskrit, "Concentration," has been defined as the science which rouses the capacity of the human mind to respond to higher vibrations and to perceive, catch and assimilate the infinite conscious movements going on around us in the universe or alternatively "Equanimity of mind in thought and deed, resulting in efficiency of action done as service dedicated to God."

Patanjali, the venerable codifier of the science of Raja-Yoga, describes eight steps in its attainment. These are arranged in gradation, each one more difficult to master than the one which precedes :—

YAMA signifies truthfulness, non-stealing, continence and the non-receiving of gifts. This first step, although it looks simple, is not possible to practise to a letter.



NIYAMA means cleanliness both external and internal, contentment, study, and adoration of God.

ASANA is the third step. It is a posture for contemplation. A posture is necessary to keep the body motionless, lest its unchecked restlessness should disturb the mind and dissipate the energy of the will.

PRANAYAMA. When the Asana becomes habitual and is no longer a source of distraction to the mind, Pranayama, the fourth step, can be practised with ease. The real object of Pranayama is to control the nerves or nerve centres which cause the muscles of respiration alternately to relax and contract automatically. Popularly, Pranayama is generally taken to mean the regulation of breath. Dissipated breathing brings early death, whilst its regulation prolongs life. A Yogi measures the span of his life not by the number of years but by the number of breaths. Respiration can be classified into four types: high-breathing, mid-breathing, low-breathing and Yogic-breathing.

PRATYAHARA. The next step after Pranayama is Pratyahara, which means the restraining of the senses from gratification in many ways. By a control over the senses we do away with the means that convulse the mind. By a constant practice of withdrawing our senses from the objects of desire, be they internal or external, we steady the mind and ultimately make it blank and fit for achieving further steps of Yoga.

DHARANA. The holding and fixing of the mind on certain points to the exclusion of all others.

DHYANA. Dhyana is the next step in Yoga and means the contemplation of Self.

SAMADHI, which is the state of super-consciousness. It means absorption in meditation either with retention of self-volition or with loss of volition.

*(To be continued)*

## THE JUDO LEAGUE

A league tournament, essential to the progress of the Judo movement, has at last come into being after meeting with considerable opposition from various quarters. At the moment it consists of six clubs, providing eight teams, but it is hoped to enlarge the number before the League contests commence in September.

Although originally the idea of E. Dominy and assisted by the Budokwai Committee both with moral and financial support, the Judo League now has its own committee and is an absolutely independent organisation. Membership is open to teams from all clubs, whether affiliated to the Budokwai or not, provided they meet with the approval of the Committee and agree to abide by



the League's constitution and the Budokwai contest rules. At the moment the Constitution is in the hands of the printers and will be distributed to all clubs at the earliest date.

The object of the League is to encourage the practice and improve the standard of Judo throughout Great Britain. To do this a register of the grades of members of the various teams will be kept, and for at least the first year all clubs will be expected to select teams of the approximate level of the weaker side in each particular contest. This will encourage the newer and less experienced clubs and will force the larger ones to call on more members to complete their teams. As progress is made, of course, this will become unnecessary.

This year the League will be confined to clubs with premises in the vicinity of London. A meeting regarding a Northern Section was held at the Easter Vacation School, but no further progress appears to have been made in that direction.

Teams will consist of four members, and each contest will be of five minutes duration and the best of three points. The League positions will be decided on these contest points, with the object of encouraging aggressive and constructive Judo. All matches will be refereed by Black Belts who are either members of or approved by the Budokwai. At the end of contests it is hoped that these referees will make, if asked, constructive criticisms of the various styles and thus help the members to make progress. It is also anticipated that most of these Black Belt referees will agree to practise with the teams on these occasions.

Should any clubs require further information they should write to the League Secretary, E. N. Dominy, at the Budokwai, making it clear on the envelope that the letter is concerned with the League and not personal. Stamps or stamped addressed envelopes should also be enclosed for replies.

## FAMILY AFFAIRS

### SOUTH LONDON JUDO SOCIETY.

"As I write these notes the builders have actually commenced work demolishing the walls and replacing some of the windows at the club. This reconstruction has been promised so long, and so often that it is really hard to believe that it has actually started. At the last moment it was found that the alternative accommodation offered to us was totally inadequate and the Budokwai have very kindly agreed to the South London members practising at the parent club during the alterations.

"The eliminating rounds of the Inter-club contests were held at the Budokwai on Saturday, the 22nd May, and South London have fought their way through to the Final, in which we meet the



Budokwai. This Final is to be held at the Chelsea Town Hall on the 8th June at the National Judo Tournament (see p. 14). In the preliminary rounds this club successfully met the Warwick and then had a bye to take the team to the Final (see p. 2). A friendly match followed against the Budokwai which the Budokwai won by four contests to two.

"Members taking part in the Tournament include Miss Audrey Gunn, G. W. Chew, E. N. Dominy, P. Casey, E. A. Fennemore, A. Alexis, C. Riley, D. King, and the team to be selected from R. Scala, J. Chaplin, E. Williamson, J. Logeland, C. Payne, E. Blackburn and W. Blackburn. The club has also been asked to supply stewards and programme sellers.

"Recently we have not had the pleasure of welcoming any Black Belts from the Budokwai or other clubs, but we had a promise from Charlie Grant (2nd DAN) which was postponed due to the arrival of the builders. When we do see him we can promise him that far more space to throw us about will be available for his use than on his last visit. We have no doubt that he will take full advantage of this.

"The next grading contests will be held probably on Friday, the 16th July. This date is not finally fixed but full details will be posted on the club notice-board as soon as they are arranged. We have great hopes of seeing the club produce its first Black Belt on this occasion and certainly expect to see a good crop of new Greens and Blues.

"Finally, welcome home to Bob and Arthur Scala. Bob and Arthur have been in Italy for the last few months and have been badly missed at the club. They gave a series of displays in the neighbourhood of Rome. Bob has to return to Italy for a few weeks in the near future. He intends to visit the officials of the Italian Judo Federation and some of the affiliated clubs."

KYU.

#### IMPERIAL COLLEGE JUDO CLUB.

"At the time of writing the club is but barely existing owing to intense competition for members' time from impending examinations. In spite of the fact that the average attendance is about three we are carrying on—in a spirit of non-resistance—until the exams. have spent their force ; and, after housing the Summer School during the vac. we expect to arise next term a rejuvenated club with time once more for the worthwhile things in life (we could hardly be in a worse position than at the beginning of this year, so there is ground for hope) and ready to meet (? and beat) other teams in this new Southern Judo League.

"We did just manage to raise a team of four for the elimination contests on the 22nd May but after beating Osram Judokwai in the first round we were swept off the mat with thought-provoking efficiency by the Budokwai's team.



" Apart from that little effort and our intention to be seen on the mat for a brief space of time on the 8th June the club will have few landmarks this term, with one notable exception (which observant readers will already have noticed)—at our Annual General Meeting we unanimously changed the name of the club to the more correct one of *Judo club*."

HYLTON GREEN.

#### OSRAM-JUDOKWAI.

" We are still struggling with the difficulties which are always to be expected with newly-formed clubs, and have been particularly set back by the loss of our one and only graded Judoka, Karl Gadsby, who has resigned for business reasons.

" However, our enthusiasm is unbounded, new mats are on order, Works Publicity is improving, and we are happy to be able to invite visitors to our Dojo at last—Wednesdays 6—8 p.m., Fridays 5—8 p.m., provided prior notice is given so that Works passes may be issued.

" Self-defence classes are still very popular, especially among the older members, but the majority are looking forward to the Judo Vacation School, and are hoping to 'have a go' at a subsequent grading session."

C. M. CADE.

#### JUDOKWAI-BRISTOL.

" Judokwai-Bristol has been honoured by two visitors from the Budokwai since these notes last appeared. The first was Eric Dominy, who has been the patron saint of our club since its inception, and the second none other than the great G.K. himself.

" We greatly enjoyed Eric's visit, and the subsequent discovery that he had undertaken the long and tedious journey to Bristol when hardly off the sick list made our appreciation the greater. It would be nice, though, to hear one day in the not too distant future that Mr. Dominy had had to defer a proposed visit to our dojo as he was not feeling quite up to the mark, and could not face our local talent unless right on top of his form!! (Not that we wish him harm, of course.)

" As regards Mr. Koizumi's evening with us, it would be preaching to the converted were space given over to describing the pleasure we derived from renewing our acquaintance with his supreme skill and artistry. If we have learnt nothing else we at least have the satisfaction of being able to recognise the real thing when we see it and, what is infinitely more, when we sense it!

" The club continues to be well supported, and membership is well maintained. *Floreat Judokwai-Bristol!*"

A. M. MELHUISE.

#### THE FYLDE JUDO SOCIETY.

" The Fylde Judo Society has now been meeting at its present dojo, in the Bailey Senior School, Fleetwood, for three years. During



these years keen members have met every Friday. The size of our mat limits the membership to twenty. We have two Blue, five Green, two Orange, four Yellow and six White Belts.

"Much interest is taken in the philosophical aspect of Judo and several talks on psychological principles applied to Judo have been given.

"It is found that exercises, particularly Yogi exercises, have helped members to become supple and easy moving.

"Before a beginner starts randori he must be proficient at break-falling, and at certain throws, locks and holds. These include many of the throws and holds up to the Orange Belt standard suggested by the Budokwai.

"The club sent two members to the Bristol Summer School and one to the Manchester Easter School.

"A display of Judo has been given to a local youth club.

"Two old-time dances and one modern dance have been held, proving popular in the district.

"We would like to thank all those Black Belts who have helped us at our own dojo, and at vacation schools, especially Messrs. Chew, Hickey and Stevenson, who have been to see us from time to time and umpired our grading contests."

#### KETTERING AND DISTRICT JU-JITSU CLUB.

"Although we've been going for six-and-a-half months we've at last decided to make our bow. Owing to various summer activities of our members the club is closed until September, when we shall again meet on Wednesday evenings in St. Philip's Hall and make further (hard) acquaintance with the mat (probably in a prone position). Mr. E. Dominy has kindly offered to become our instructor, and Mr. H. P. Hill (2nd DAN) will also look us up when down this way.

"The president's chair is filled by G.K., that of vice-president by Eric Dominy, and Michael Bell is an honorary member.

"It is hoped that the above three will be able to feature in a display we are giving on the 9th June at a Carnival in aid of our local blind.

"If any Judoka are up this way (we presume they would be 'lost in the wilds') the doors of the club will be always open to them.

"We still practise twice a week at one of the parks here, and during the dry weather we had rather a *hard* time, as when thrown we had to use the 'break-fall and bounce' method.

"As we've never been graded (nobody ever recognises our throws) I take the liberty of grading myself the—

"13TH KYU."



## LIVERPOOL UNIVERSITY JUDO CLUB.

"We had a visit from a 16-stone catch-wrestler recently. Many years ago he had lessons from Yukio Tani, and so he has a knowledge of Judo as well. His style now bears little resemblance to Judo; nevertheless, it is very efficient. He demonstrated methods to us which we would class as self-defence and atemi, and which were very effective, especially in real combat.

"Two of his pupils, youths of a more manageable weight, had previously 'murdered' one of our most respected members by executing their own version of an Outer Winding throw, done with force three times, and each time landing on top for good measure. Their aim is to get a submission any way, and so a mere throw is insufficient.

"This type of attack, with its rapidly varying hand holds and unaccustomed stance is very disconcerting. We feel that to be able to use their force (of which there is plenty) to our advantage it will require Black Belt skill. It has had a sobering effect on those of us who were beginning to get over-confident.

"Some members are now tending to introduce this technique into practice, which has its immediate advantages, but most prefer the hard path to ultimate success by persisting in Judo.

"We are all looking forward to next October when our first matches in the Northern Division of the Judo League will commence."

C. C. WANNOP.

## Y.M.C.A. JUDO CLUB, MANCHESTER.

"Our newly-formed club here in the Y.M.C.A. at Manchester has risen from two members to approximately thirty in the past two or three months. We still extend a very hearty welcome to any prospective members and any Judoka who care to visit us will also be made at home.

"Congratulations to the Budokwai on your thirtieth birthday! May you see many more. You are indeed very fortunate in having as your principal instructor our mutual friend, G.K., whom my members have made their ideal, and we are hoping to see him in our dojo in the near future.

"In closing may I point out the club hours for the use of any visitors, etc.: Monday and Wednesday 7 p.m. to 9.30 p.m. Friday 8 p.m. to 9.30 p.m. Best wishes to all brother clubs."

S. WEAVER.

## KATHO-RYU JUDO CLUB—*Twenty Years Ago.*

"The other day I found among some old papers of mine a report of the Budokwai activities twenty years ago. To some this report will revive happy memories, and to many it will show the



endeavours of the Budokwai in the past years, its steadfastness in the promulgation of the Judo faith and the untiring devotion of its founder, G. Koizumi.

"We of the Katho-Ryu Judo Club are happy and grateful that there is the Budokwai, and that we are affiliated. We send at this time our best wish for an outstanding success in the future planning and development of the Budokwai."

K. R. THORP.

*[Space will not permit us to reproduce this report in full but the following extracts are of special interest—Ed.]*

"On Monday, the 23rd July, 1928, the members of the Budokwai, London, were honoured with the visit of the world-famous founder of the modern eclectic form of Jujitsu, known as Judo, and also of the famous Kokokwan in Tokyo, Japan, the leading school of the art.

"Professor Kano in his speech referred to the progress made in the art in countries outside Japan, which he had visited on his tours. He mentioned Italy, which had a league of 7,000 students of an old pupil of his who was at the Kodokwan 20 years ago. This League has now been graciously pleased to affiliate with the Kodokwan.

"He also mentioned Rumania and Germany where good progress had been made, and prophesied that in the not far distant future there would be international contests in Judo between members of the clubs in different countries.

"There were also in attendance a number of members of Judo clubs affiliated to the Budokwai, and a series of contests were arranged and fought out before Dr. Kano.

"At the conclusion of the contests Messrs. Tani and Koizumi took the mats, when they gave a display of the Nage-no-Kata of fifteen formal throws, which delighted all present.

"Professor Kano in his speech at the end stated that he had witnessed many contests outside Japan, but he had never seen any better than those he had witnessed that evening. Those who know him well know that he does not give praise unless it is deserved. He mentioned the great work of Messrs. Tani, Koizumi, Dr. Shepherd and other great teachers in endeavouring to teach the best principles of the art as taught at the Kodokwan.

"He mentioned that progress in this country had been slow when compared with other countries where it had made rapid progress, but in England it was characteristic of her that though progress had been slow there had been no retrogression. He was enthusiastically cheered when he resumed his seat."



## GRADING RESULTS

### MANCHESTER VACATION SCHOOL

30TH MARCH — 3RD APRIL,  
1948

#### MANCHESTER UNIV. JUDO CLUB

F. TAVILL	2nd Kyu
D. JONES	3rd ..
M. AMAN	3rd ..
W. LOUGHHEAD	5th ..
K. MORGAN	5th ..
J. D. HEPPERSTON	6th ..
J. W. TAYLOR	6th ..

#### Y.M.C.A. JUDO CLUB, MANCHESTER

S. WEAVER	5th Kyu
K. MORRIS	5th ..

#### EDINBURGH UNIVERSITY

W. A. CRAIG	3rd Kyu
W. HILLOP	5th ..

#### OXFORD UNIVERSITY

D. COOPER	6th Kyu
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#### IMPERIAL COLLEGE JUDO CLUB

H. P. GREEN	3rd Kyu
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#### FLYDE JUDO SOCIETY

G. BOOTH	3rd Kyu
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#### KIHOOKWAI

J. C. COXON	6th Kyu
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#### BUDOKWAI

B. DONOVAN	2nd Kyu
P. DONOVAN (Miss)	3rd ..

#### LIVERPOOL UNIVERSITY JUDO CLUB

C. WANNOP	2nd Kyu
R. BRUCE	4th ..
W. BRIDGLEY	5th ..

#### LEEDS UNIVERSITY JUDO CLUB

H. GILES	6th Kyu
N. RUNDLE	6th ..

K. WORTHY	6th Kyu
J. P. STOTT	6th ..

#### INDIVIDUAL MEMBERS

P. BRINDLY	5th Kyu
D. HANSON	5th ..
J. KIERAN	5th ..
N. ILES	6th ..
H. K. BLONDON	6th ..
G. ROWAN	6th ..
D. W. SMITH	6th ..

#### SOUTH LONDON JUDO SOCIETY 9th APRIL, 1948.

J. CHAPLIN	1st Kyu
E. BLACKBURN	2nd ..
A. P. HARRINGTON	4th ..
T. BROWN	4th ..
E. MERRITH	4th ..
C. PAYNE	4th ..
C. RILEY	4th ..
D. WALKER	5th ..
T. GRIFFITHS	5th ..
F. D. O'CALLAHAN	5th ..
A. R. PAYNE	5th ..
K. LYONS	5th ..
M. KIRANE	5th ..
D. M. MALLIN	5th ..
H. G. THOMAS	5th ..
R. A. KING	6th ..
J. L. FIDMAN	6th ..
G. BENNETT	6th ..
L. LAMM	6th ..
J. RICHARDS	6th ..
J. E. HUGHES	6th ..
A. L. WOOD	6th ..

#### MERSEYSIDE JUDO SOCIETY.

10th APRIL, 1948.

K. BILLENGE	1st Kyu
A. BILLENGE	3rd ..
J. KEARNSLEY	3rd ..
W. KEATING	3rd ..

S. MORAN	3rd Kyu
W. DUFF	4th ..
A. GROOME	4th ..
W. HOUSE	4th ..
W. LEIGH	5th ..
R. WILLIAMS	5th ..
J. STANLEY	5th ..
A. GOAT	5th ..
E. RITSON	5th ..
D. W. IRVINE	5th ..
P. HOBAN	5th ..
S. F. DAVIES	5th ..
R. HAMILTON	5th ..
J. BAILEY	5th ..
L. SCHOFIELD	5th ..
P. WYNNE	5th ..
E. DWYER	5th ..
J. E. JENKINS	6th ..
J. YOUNG	6th ..
B. HOUGHTON	6th ..
A. BULLOCK	6th ..
J. LUSSEX	6th ..

#### COMMANDOKWAI

30th APRIL, 1948.

R. F. EDWARDS	2nd Kyu
P. MARSHALL	3rd ..
J. EMMERSON	4th ..
M. J. RUFF	4th ..
R. W. J. TOKLEY	4th ..
W. PARKES	4th ..
J. WILSON	4th ..
C. E. BACON	5th ..
— HOMAN	5th ..
S. BUTLER	6th ..
R. G. J. FRY	6th ..
R. E. S. CLARKE	6th ..
D. FITZGERALD	6th ..

#### CAMBRIDGE UNIV. JUDO CLUB.

4th JUNE, 1948.

— FLOWER	1st Kyu
B. JOHNSON	2nd ..

## No. 15 VISITED

By EXILE.

When this column came to live in London last August its first act was to enquire of a porter the way to the Budokwai—thus :—

HAUGHTY COLUMNIST : Kindly direct me to the Budokwai.

UNIMPRESSED PORTER : Never 'eard of it.

UNSURE COLUMNIST : Judo, you know.

CYNICAL PORTER : Oh, you mean Joo-Jipsy !

Whyncharsysaow ? Yer mean ter tell me a bloke like you could flatten Joe Louis . . . ?

However, we finally compromised, as Englishmen do. We had somehow imagined the Budokwai to be a combination of Oxford University and Wembley Stadium. The sleep-wrecking nightmare



that followed our first session revealed a cross between a gambling den and a well-known caricature of Fred's Radio Cabin. We resolved never to return, but for some reason we did return.

Yes, it was quite an experience to see the Budokwai of reality. Where are the judges, millionaires, scientists, doctors and cabinet ministers whom the credulous provincial expects to find? Where the marbled halls and baths of porphyry? Where they who smash teak wood and care nothing for Wine, Woman or Woodbine?

This exile's first shock came when he saw two pillars of his idealised Budokwai playing draughts at a rickety old table! Draughts indeed! Chess he might forgive, but—DRAUGHTS. Later, despair mounted as Ted Mossom gave a spirited and obviously expert opinion on the merits or demerits of half the pubs in London.

Now in the backward provinces tales reach us (and we listen with bated breath) of an icy, sarcastic, super efficient "Sec." who lives on strong coffee and Yoga.

Then there are legends about a giant osteopath who slings recalcitrant firemen into the bosom of Old Father Thames at the height of a blitz.

We heard, too, how Slaughter-House Hobson used to warn Charing Cross Hospital to prepare for his victims; and, best of all, how Leggett and Percy Sekine used to go around Soho and Aldgate looking for free fights.

No vain boast I assure you. We used to believe it. When this column found that its deadly killers were apparently ordinary fellows, obviously friendly, it tried to get tough—with painful results best known to itself.

In common with many other innocents, your exile saw a photograph of "Old Ted" at Edinburgh, and is now consulting its solicitors with a view to getting damages. What a fatherly man! So obviously kind! A true guide in wisdom and skill! Then we meet him, so pardon me if I sigh.

Your correspondent had resolved to mingle only with the aristocracy of Judo. Why then does it risk losing a highly lucrative job by swiping sugar to put in the coffee it buys for income tax tyrants, dancing and roller skating addicts and effeminate dance band leaders? "How art thou fallen from thy high estate . . ."

And speaking of falling, in the backward provinces we still believe that there are some half-dozen basic breakfalls. Well, one backward provincial now knows better.

Sooveneer (M. Sauvenière to B.P.s), that legendary figure, demonstrates the necessity for breakfalling on either ear, Mr. C. Grant how to breakfall against a wall from "Tomoenage," Old Ted—than man again—proves that breakfalling on the nose is a basic



Judo principle—no experience not to be missed. Leggett has been known to lift those who rise indolently after a throw and to hurl them bodily at the upper dojo. A cat could breakfall, but we aren't cats.

Very interesting is a 1st Kyū. He is a "Saika Tandem" fanatic—a strange type. His scheme is to improve the opponent's "Saika Tandem" by falling on it very heavily as you throw him. To this end he has evolved a throw which makes co-operation unavoidable. You have probably met him as Carlo Palmers and his Cuban Cuties.

Country Cousin will be glad to hear that his thesis on Gomi Baco Otoshi has revived interest in this useful throw—PRACTICAL interest. We hear that a newcomer to the local mews (Note for B.P.s: A Mews is a sort of communal backyard), ignorant of the danger to himself, threatened to hurl our ashcan down the stairs. One of our more famous members immediately volunteered to throw him after the said Falling Ashcan. Unfortunately, the invitation was hurriedly declined!

Amidst the wreck your exile finds comfort in one fact at least. He holds one thing in common with Rahu Oyenishi, Yukio Tani and even G. K. himself. It is this, that he cares nothing whether his opponent weighs eight or eighteen stone. But his reasons are different, the main one being that he can't throw any opponent anyway—so what does weight matter?

A last word from a backward but sincere provincial on the Budokwai's 30th Anniversary. He has found its greatest member to be an even finer man than he ever hoped, distinguished in any company; one who, like his art, judges a man at his true worth. G.K. is the reason why the lads at No. 15 can proudly say:

Here's tae us!  
Wha's like us?  
Diel the yin!

## THE LIFE BEYOND LIFE

By R. SAUVENIÈRE.

"He who dies and is not forgotten attains a life beyond life."

—Confucius.

A man's first duty to his fellows is to bequeath them the best that is in him. Our true place in society does not depend on what we have but on what we can give. Whatever the worth of a learned man, that worth is negative if, willingly or unwillingly, he keeps his knowledge to himself, while the man with more modest attainments who can impart them to those around him thereby gives proof of positive worth. If it can be said that man is made in God's image, it is because he has received the greatest of gifts—the power to create. Only those who use this creative faculty for a charitable purpose—



that is to say, for the good of humanity—can claim to have positive worth. To act from any other motive is nothing more than an expression of the instinct of self-preservation.

Judo, which teaches such sound principles of life, also teaches on this point a lesson we must not neglect. One of the principles laid down by Professor Kano is that if we want to make rapid progress in Judo we must teach each other. While all the great champions fill us with admiration we know that the masters of Judo who are best remembered and respected are those who run schools and who with tireless devotion impart to us both their knowledge and the conviction that Judo can help us by its principles and its philosophy to find an outlet for our creative faculty.

The knowledge we have received does not belong to us. It has been given us to pass on to others. But that alone is not enough. We owe it to our masters to supplement their instruction by the knowledge acquired from our personal experience. By helping each other on the mat we may come to realize the great joy of giving the best that is in us, a conviction of usefulness, which brings with it untroubled enjoyment of life.

## NAGE-NO-KATA

By F. KAUERT (2nd DAN).

*(continued from the last Bulletin)*

(U=UKE, receiver or taker, T=TORI or defender.)

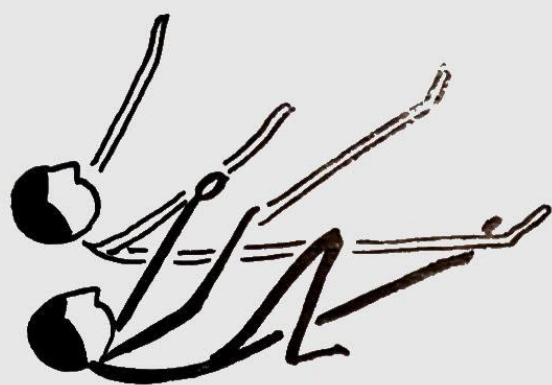
### 13. YOKO-GAKE (Side Dash).

This is the first of the fifth and last series, YOKO-SUTEMI—Side body throws. U and T return to their starting position after the twelfth throw. Then T advances towards U and stops about 18 inches from him. As U gets right normal contact and takes a step forward with his right foot, T, also contacting in the same manner, retreats, moving his left foot first. On repeating the step for the second time T gently pushes U's right elbow towards U's left. As U takes the third step forward, at the instant of transferring his weight from his left to his right foot, T sweeps, with his left foot, U's right ankle across the front of T's own right foot, along the surface of the mat, throwing U with the falling weight of T's own body (Fig. 1). T should fall on his left side, sliding sideways against his own right foot, keeping the left foot in contact with the mat. As this is a very heavy throw, T should, with his left arm, lift U to lighten the fall.

### 14. YOKO-GURUMA (Side Wheel).

On standing, facing each other, U steps forward with his right foot and delivers a blow with his right fist, aiming at T's head. T, ducking to avoid the blow, closes in under U's right arm and

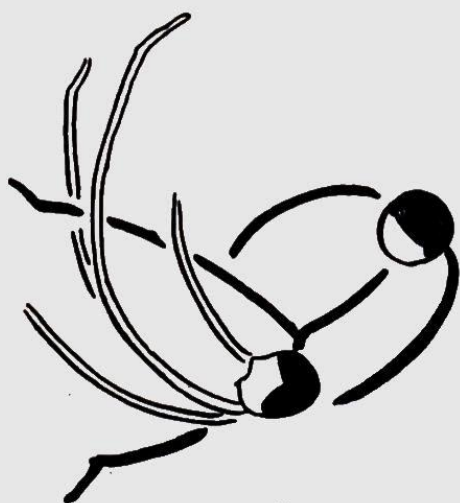




(Fig. 1)  
YOKO-GAKE



(Fig. 2)  
YOKO-GURUMA  
(stage 1)



(Fig. 3)  
YOKO-GURUMA  
(stage 2)



(Fig. 4)  
UKIWAZA  
(stage 1)



(Fig. 5)  
UKIWAZA  
(stage 2)



places his left shoulder under U's right armpit, pressing the left side of his head against the right side of U's chest, the left hand applied on the back of U's belt, the right in the front, the left foot moved to U's rear, the right in the front (Fig. 2). Then T pushes U backwards by stretching his right leg. U resists. Yielding to U's resistance, T, without losing the contact, slips in his right foot between U's legs and with a circular movement falls on his left side, throwing U over his left shoulder (Fig. 3). T, as he slips in, should keep his right leg stretched and it should not touch the mat. U should take a somersault break-fall.

#### 15. UKIWAZA (Floating Throw).

T follows U to his starting position and both crouch down in the defensive posture facing each other, the right hand at the opponent's left shoulder-blade, passing under the armpit, the left hand on the right upper arm. T moves his left foot to his rear, drawing U in a circular movement. As he does the same with his right side, T draws himself up, straightening his body, "floating" U upward (Fig. 4). Then, as he draws back his left foot for the second time, T, pivoting on his right foot turns his body to the left and falls on his left side, throwing U somersaulting over T's left shoulder (Fig. 5).

*(Concluded)*

## QUESTIONS AND ANSWERS

*Question:* What are (1) GONO-KATA, (2) ITSUTSU-NO-KATA ?

*Answer:* They are both names for the symbolical kata based on five natural forces : positive and negative, inertia, centrifugal and centripetal force, tidal wave and comet. The first movement shows the victory of positive over negative power, the second how a power can be led to disaster through inertia, the third the destructive power of centrifugal and centripetal forces, the fourth and fifth the destructive power which lies in the natural phenomena of a tidal wave and a comet.

*Question:* When you are doing an arm-lock on an opponent during a contest and his arm comes off in your hand, what should you do ?

*Answer:* The umpire should stop the contest immediately. Carry your opponent's arm to your own corner of the mat and bow in the usual manner, slip him his arm back unobtrusively as you walk back to your seat. This is a form of unarmed combat.



## CLUBS affiliated to THE BUDOKWAI

### LONDON :

IMPERIAL COLLEGE JUDO CLUB : Prince Consort Road, South Kensington, S.W.7.

KING'S COLLEGE, LONDON, JUDO CLUB : King's College, Strand, W.C.

METROPOLITAN POLICE JUDO CLUB : Peel House, Westminster, S.W.1.

OSRAM JUDOKWAI : Osram G.E.C. Social & Athletic Club, Osram Works, Brook Green, Hammersmith, W.6. (Dojo: Wed. 6-8 p.m., Fri. 5-8 p.m. Visitors welcome after prior notice.)

SOUTH LONDON JUDO SOCIETY : 32, St. Oswald's Place, Kennington Lane, S.E.11.

UNIVERSITY OF LONDON JUDO CLUB : c/o The Budokwai, 15, Lower Grosvenor Place, S.W.1.

WARWICK JUDO CLUB : Warwick Institute, Raneleigh Road, S.W.1.

### BIRKENHEAD :

MERSEYSIDE JUDO SOCIETY : 7, Carlisle Street, Birkenhead (Dojo : Mon. and Fri. 7-10 p.m.)

### BIRMINGHAM :

B.A.I. JUDO CLUB : The Birmingham Athletic Institute, Severn Street, Birmingham. (Dojo : Tues. 7.30-8.30 p.m. Thurs. 6.30-8.30 p.m. Sat. 2.30-4.30 p.m.)

### BLACKPOOL :

THE KEIDOKWAI (Blackpool Police) : Police Station, Blackpool.

### BRISTOL :

JUDOKWAI-BRISTOL : 109, Pembroke Road, Clifton, Bristol, 8. (Dojo : Tues. & Fri. evenings, University Athletic Union, Victoria Rooms, Clifton.)

### CAMBRIDGE :

CAMBRIDGE UNIVERSITY JUDO CLUB : Grafton Street, Cambridge.

### COVENTRY :

COVENTRY TECHNICAL COLLEGE JUDO CLUB : Technical College, Butts, Coventry.

### ELLESMERE PORT :

SHELL REFINING & MARKETING CO., LTD. JUDO CLUB : Shell Pavilion, Stannly Lane, Ellesmere Port, Wirral, Cheshire.

### ESSEX :

ESSEX COUNTY CONSTABULARY : Staff Division Sports Club, Police Headquarters, Chelmsford.

### FLEETWOOD :

FYLDE JUDO SOCIETY : c/o Mr. G. H. Platt, 7, Rossall Grange Lane, Fleetwood, Lancashire.

### GRIMSBY :

KATHO-RYU JUDO CLUB : 262, Hainton Avenue, Grimsby.

### KETTERING :

KETTERING & DISTRICT JU-JITSU CLUB : 264, London Road, Kettering, Northants.



## CLUBS affiliated to THE BUDOKWAI (*contd.*)

### LIVERPOOL :

LIVERPOOL UNIVERSITY JUDO CLUB : 12, Childwall Mount Road, Liverpool, 16. (Dojo : Wed. 6.30-9 p.m. term time only, University Gymnasium, Bedford St. North.)

### MANCHESTER :

MANCHESTER UNIVERSITY JUDO CLUB : Burlington Street, Manchester.

MANCHESTER Y.M.C.A. JUDO CLUB : 56, Peter Street, Manchester.  
(Dojo : Mon. & Wed. 7-9.30 p.m. Fri. 8-9.30 p.m.)

### OXFORD :

OXFORD UNIVERSITY JUDO CLUB : c/o Mr. W. S. Harris, Magdalen College, Oxford.

### PLYMOUTH :

COMMANDOKWAI : c/o Sgt. R. H. Ainsworth, Sergeants' Mess, Commando Training School, Bickleigh, Nr. Plymouth.

### SOUTH SHIELDS :

SOUTH SHIELDS JUDO CLUB : 22½, Burrow Street, South Shields.

### WELWYN GARDEN CITY :

MURPHY RADIO SPORTS CLUB (JUDO SECTION) : Murphy Radio Ltd., Broadwater Road, Welwyn Garden City, Hertfordshire.

### YORK :

OLD PRIORY YOUTH CLUB : Nunnery Lane, York.

### SCOTLAND :

EDINBURGH UNIVERSITY JUDO CLUB : Pollock Institute, 46, Pleasance, Edinburgh.

JUDOKWAI-EDINBURGH : 3A, Carlton Street, Edinburgh, 4.

### FRANCE :

ASSOCIATION SPORTIVE, POLICE-PREFECTURE DE TOULOUSE : 13, Avenue Debat-Ponsan, Toulouse.

OLYMPE JUDO CLUB : 11, Rue des Lois, Toulouse.

UNION DES SPORTS DE COMBAT : 11, Rue Louis le Grand, Paris, II<sup>me</sup>.

### HOLLAND :

JUDOKWAI-NEDERLAND : Laan van Meerdervoort 384, -'s-Gravenhage, Holland.